

Newsletter, June 9 – June 13, 2016

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Farm News

We are harvesting! The cold-hardy and fast maturing crops are the first to make the trip from the fields to your kitchen. Mesclun and spinach, radish, garlic scallions and pac choi for starters – with crisp head lettuce, high tunnel summer squash, and peas coming soon. We're glad to see our returning CSA members, and for those of you who have joined a CSA for the first time, welcome to the adventure of cooking with locally grown, fresh produce!

Welcome to the farm: visit anytime, but respect some rules! Your family farm is truly a beautiful place to visit, and you can come anytime: no appointments necessary. Directions to the farm are at the end of this newsletter. But when visiting the farm, please keep the following in mind:

- All our fences are electric. They keep the deer out, and the horse and chickens in. Touching any of these fences really hurts. Just ask Raymond.
- We are greatly dependent on our farm machinery, and most of it is very heavy and can move or fall over. Therefore, we don't allow climbing on our equipment (we have a pretty cool play fort and tire swing instead).
- You can walk by the fields, but please stay on the grass.
- Children need to be supervised at all times.
- No swimming or wading in the ponds.
- Don't feed the horse, or enter the pasture.
- Dogs are only allowed on-leash only. Clean-up after your dog.

Wash your produce! The produce from the farm needs to be washed before consumption. Where needed, we will dunk the produce in our potable well water to remove the field heat (and increase the shelf-life), but by no means do we claim to provide you with produce ready to eat.

U-pick garden: the herbs, flowers and cherry tomatoes in the U-pick are planted, but they are not yet ready for harvest. We'll announce any crop ready for harvest in this newsletter.

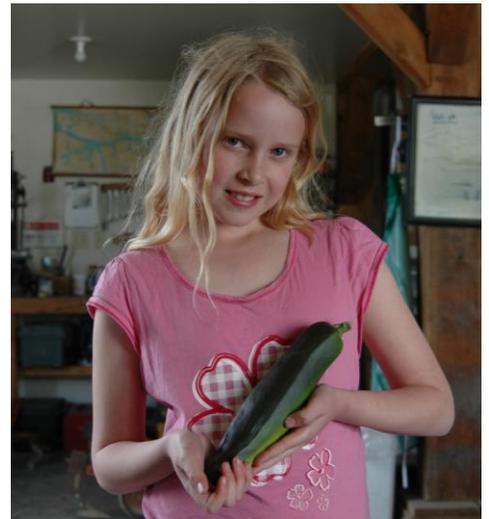
CSA shares: we still have a number of CSA shares available for this season. Ask us about our membership referral program!

Enjoy this first harvest, your farmers,

Raymond & Sara

Fox Creek Farm, c/o Sara and Raymond Luhrman
182 Fox Creek Farm Road, Schoharie, NY 12157
(518) 872-2375

foxcreekfarmcsa@earthlink.net
www.foxcreekfarmcsa.com



In this week's full share:

Mesclun salad mix

Spinach

Radish

Garlic scallions

Pac choi (a.k.a., Bok choy)

and

Summer squash (in rotation)



Fox Creek Farm is home to the Family Farm 4-H club!

Beans and Greens

We owe thanks to Jacqueline Diegel and Karl Westphal for this versatile, healthy and especially delicious recipe. If you haven't heard of the classic Italian Greens and Beans dish you'll want to try it. A meal in itself served with bread or over pasta.

1 T olive oil

1 onion, chopped

1 clove of garlic, mince

Or replace the onion and clove of garlic with a chopped bunch of garlic scallions!

2 cups chicken or vegetable broth, or water

1 lb. or more greens (pac choi, spinach, kale, Swiss chard, etc., or a combination of these)

2 cups cooked beans (cannellini, black-eyed peas, butter, etc.)

1/2 cup grated cheese (optional)

Sauté onion and garlic in oil. Add broth, greens and beans. Simmer until greens are tender. Add salt and pepper to taste. Sprinkle with grated cheese if desired. (Serves 4).

Directions to the farm: From Altamont: Follow Rte. 146 towards Gallupville.

Approximately 10 miles out of Altamont, make a right on "Larry Hill". (*) Go up for ¼ mile (there is a blue sided house on your left). Just past the blue house, you'll find Fox Creek Farm Road on your left going in the woods. Follow this road to the end. From Rt. 443: Turn on 146 in Gallupville for approximately 2 miles. Make a left on "Larry Hill". Follow directions as above (starting at (*)).

From Schenectady: take Rt. 7 towards Duanesburg. At the light in Quaker Street, make a left on Darby Hill, then make your first right on Gallupville Road. When you cross the Schoharie/Schenectady County line, Gallupville Road turns into Larry Hill. Continue on Larry Hill until you can make a right on Fox Creek Farm Road. Follow to end (if you've gotten to Rt. 146 off Larry Hill, you have gone ¼ mile too far. Turn around and find Fox Creek Farm Road on your left).